



















Birth Control Guide

Most Effective



Least Effective

Methods	Number of pregnancies expected per 100 women	How to use it	Some Risks
 Sterilization Surgery for Women	1	One-time procedure; nothing to do or remember	<ul style="list-style-type: none">• Pain• Bleeding• Infection or other complications after surgery• Ectopic (tubal) pregnancy
 Surgical Sterilization Implant for women	1	One-time procedure; nothing to do or remember	<ul style="list-style-type: none">• Mild to moderate pain after insertion• Ectopic (tubal) pregnancy
 Sterilization Surgery for Men	1	One-time procedure; nothing to do or remember	<ul style="list-style-type: none">• Pain• Bleeding• Infection
 Implantable Rod	1	One-time procedure; nothing to do or remember	<div><ul style="list-style-type: none">• Acne• Weight gain• Cysts of the ovaries• Mood swings• Depression<ul style="list-style-type: none">• Hair loss• Headache• Upset stomach• Dizziness• Sore breasts</div>
 IUD	1	One-time procedure; nothing to do or remember	<div><ul style="list-style-type: none">• Cramps• Bleeding• Pelvic inflammatory disease• Infertility• Tear or hole in the uterus<ul style="list-style-type: none">• Lower interest in sexual activity• Changes in your periods</div>
 Shot/Injection	1	Need a shot every 3 months	<ul style="list-style-type: none">• Bone loss• Bleeding between periods• Weight gain• Breast tenderness• Headaches
 Oral Contraceptives (Combined Pill) "The Pill"	5	Must swallow a pill every day	<div><ul style="list-style-type: none">• Dizziness• Nausea• Changes in your cycle (period)• Changes in mood• Weight gain<ul style="list-style-type: none">• High blood pressure• Blood clots• Heart attack• Strokes</div>
 Oral Contraceptives (Progestin-only) "The Pill"	5	Must swallow a pill every day	<ul style="list-style-type: none">• Irregular bleeding• Weight gain• Breast tenderness
 Oral Contraceptives Extended/Continuous Use "The Pill"	5	Must swallow a pill every day	<ul style="list-style-type: none">• Risks are similar to other oral contraceptives• Bleeding• Spotting between periods
 Patch	5	Change the patch once a week for three weeks. During the fourth week, you do not wear a patch.	<ul style="list-style-type: none">• Exposure to higher average levels of estrogen than most oral contraceptives
 Vaginal Contraceptive Ring	5	Must leave ring in every day for 3 weeks	<ul style="list-style-type: none">• Vaginal discharge• Swelling of the vagina• Irritation• Similar to oral contraceptives
 Male Condom	11-16	Must use every time you have sex; requires partner's cooperation Except for abstinence, latex condoms are the best protection against HIV/AIDS and other STIs	<ul style="list-style-type: none">• Allergic reactions
 Diaphragm with Spermicide	15	Must use every time you have sex	<ul style="list-style-type: none">• Irritation• Allergic reactions• Urinary tract infection• Toxic shock
 Sponge with Spermicide	16-32	Must use every time you have sex	<ul style="list-style-type: none">• Irritation• Allergic reactions• Hard time removing• Toxic shock
 Cervical Cap with Spermicide	17-23	Must use every time you have sex	<ul style="list-style-type: none">• Irritation• Allergic reactions• Abnormal Pap test• Toxic shock
 Female Condom	20	Must use every time you have sex May give some protection against STIs	<ul style="list-style-type: none">• Irritation• Allergic reactions
 Spermicide	30	Must use every time you have sex	<ul style="list-style-type: none">• Irritation• Allergic reactions• Urinary tract infection
Emergency Contraceptive – If your primary method of birth control fails			
 Emergency Contraceptives "The Morning After Pill"	15	Must use within 72 hours of unprotected sex It should not be used as a regular form of birth control	<ul style="list-style-type: none">• Nausea• Vomiting• Abdominal pain• Fatigue• Headache